



Dressing in white on the High Holy Days is a 2000 year old custom first mentioned in the Jerusalem Talmud. While the custom to dress our Torah scrolls in white developed later (Middle Ages), the symbolism is the same. In the words of Isaiah, "be our sins like scarlet, they can turn white as snow." White thus captures the possibility of renewal, of starting over and of changing. "Renewal," that is the theme of this edition of the Shofar. And we thank Fred Rose, David Sussman and Sid Konikoff for switching our Torah covers to express in color our hopes for the New Year.

LEARNING TO RENEW

By Rabbi Alexander Davis



Summer has long since passed. Weeks ago we unpacked from family vacations, feasted at the State Fair and sent kids back to school. With the “late” arrival of the holidays, we are now heading into the fall. But even as memories of quiet summer days fade, I am taking with me a lesson from this summer. It is a lesson about renewal.

There are many ways to renew our lives - to revive our spirit, rejuvenate our energy, reinvigorate our drive. We take a Zumba class or canoe on a lake. We can meditate or bake. Learning also leads to renewal. For through it, we clarify our values and beliefs, deepen our understanding and strengthen our relationships. We make that connection when we return the Torah to the Holy Ark when we pray, “chadeish yameinu,” may our Torah learning “renew our days.” The source for this verse is significant. It comes from the last line of the *Book of Lamentations* that we recite on Tisha b’Av.

Tisha b’Av (9th of Av) is the main “holiday” of summer. It is a day of mourning that commemorates the destruction of the first and second Temples. Of all the holidays, I find this one the most difficult to observe. Don’t get me wrong. The rituals are meaningful, even beautiful. Last August, we huddled on the floor of the Fiterman Chapel and chanted the *Book of Lamentations* by candlelight. What makes it so difficult is its unique prohibition.

Like Yom Kippur, on Tisha b’Av we fast, avoid bathing, wearing leather shoes, etc. But unlike Yom Kippur or any other holiday, on Tisha b’Av it is forbidden to study Torah*. We, the People of the Book, who are called upon to “meditate over these words day and night,” are to refrain from learning. That is because learning brings us joy (Taanit 30b). And how can we rejoice in the face of the destruction of the Temple and the loss of our Jewish homeland? To be sure, this prohibition teaches us about the holiday and about mourning practices. But it also says something important about

the value we place on learning. For Jews, any time we learn it is “simchat Torah.” And that’s what makes Tisha b’Av so hard for me.

Now I can hear some of you say, “Well, of course he likes learning. He’s a rabbi!” But I think all of us know the joy of learning. In school, we might not have loved homework or tests. But I imagine that at one time or another, all of us have found pleasure in learning. Perhaps it was a book we couldn’t put down, a lecture that stretched our minds or a tour that taught us without us even knowing. Learning brings us joy, the joy of renewal. And thus on a day devoid of learning, we pray to return to the Torah, that our learning might renew our lives.

Just as learning can lead to personal renewal, so too can it lead to communal and institutional renewal. But the opposite is also true. Without learning, there is no life.

Beth El is a wonderful congregation. We have congregants who are caring, programs that are engaging, staff that are helpful and inspiring. But like any community, without growth, there is stagnation. We too need renewal. And we will find it through learning.

As we enter 5777, I am hoping to dedicate more of my time to learning – to studying and teaching, writing and speaking. It is not only a great interest of mine. It is quite simply, the key to our future as a congregation and as a people. I look forward to telling you more about my plans as they develop and to working with you to make Beth El a learning community. In so doing, I pray that we find joy as our lives and our world is enriched by our wisdom.

“*Chadeish Yameinu*,” this is our prayer and our charge: Bring us back to You, God, and to your Torah. For then our days shall be ever new.

*We are permitted to study Jewish texts that are depressing such as The Book of Job. Just don’t let me catch you enjoying it!

The Words of Yesterday and Today

By Rabbi Avi S. Olitzky



Every year before Rosh Hashanah, I sit down with the machzor that I intend to use during the High Holy Days, and I reflect on the words of our ancestors. Without fail, at least one line calls out to me each year. I take that line and I write it, in my hand, on the inside cover pages of my

machzor. There are indeed moments throughout the High Holy Days services when I need deeper inspiration, and that's when I open up the time capsule I've embedded within—a machzor within a machzor, so to speak.

I review the words that I've chosen year after year (or better, that have chosen me), and I am able to reflect on how much I've changed and what I still need to change. I reflect on what I've let go and what I still need to let go. I find inspiration in my remedied misgivings and am humbled by those areas that I continue to need to work on.

And that's precisely what the word machzor means: cycle. The machzor was meant to be a catch-all to inspire renewal, not just on the High Holy Days but throughout the entire year. But that's also the

challenge with our machzor. After two millennia, it is a compilation of margin notes and liturgy that inspired someone else.

Indeed, and especially at Beth El, with the right setting, the right person leading, the right time of day, the right state of mind, we too can be inspired by someone else's words. But then most of the time, we either have to find our own or find a way to make theirs ours.

It's not about embracing tradition and change, as Rabbi Mordechai Waxman once wrote about the Conservative Movement in its heyday. It is about using tradition to inspire change. And that is precisely the goal of the High Holy Days—looking backwards in order to look forward. But it has to be a feedback loop. We constantly need to be looking in both directions at once; else, we're blindsided by what is ahead or doomed to repeat what is behind.

I make these words my own, and hone and own them throughout the holy days with this simple yet powerful act. As we embark on our High Holy Day journey together, I encourage you to begin to find the words that will become your prayerful inspiration, your poetry of renewal and your proverbial “kick in the pants” this New Year.



How Am I Like a Pinecone?



By Cantor Audrey Abrams

I like to try to attend a spirituality retreat at least once a year. Over the past few years, life has gotten in the way, and I haven't been. But this past summer, I had the opportunity to go. I had forgotten just how rejuvenating being on retreat can be.

This retreat took place in Connecticut. It was run by the Institute for Jewish Spirituality (IJS). For the past 14 years, the IJS has been instrumental in my growth as a person and as a cantor.

The focus on this summer's retreat was on what they called a "Middah Practice." Middot are qualities, like humility, patience, understanding, love, kindness... just naming a few. The "Middah Practice" is about cultivating these qualities that we might approach life with a more open heart. With an open/soft heart, we are more likely to deal with the daily struggles in our lives with less drama, less anger, less resistance. Our connections with others are more respectful, kinder and gentler.

At the retreat, I learned about hit'lamdut – the practice of learning something about myself from everything (even a pine cone or a chair!). I became aware of "B'chirah moments" – points in my day that are times

of choice – do I do this or that? And I started delving into the middah of anavah - humility.

The four days of contemplative services, meditation, Torah yoga, chanting (that I led), labyrinth walks, silent, yummy meals and learning were a blessing. Now I'm home and left to practice what I've learned – to notice, to pay attention and ultimately, to work on cultivating a more kinder, gentler me. I know that this is not an easy task and that one can never complete this work. It is a life-long journey that invites us to reflect on our behavior with compassion and without judgment.

For those who are interested in learning more, I'll be starting a "va'ad" (a group) in the fall to study middot together. Please let me know.

In the mindfulness world, being open to learning is often referred to as "beginner's mind" – a state in which one is curious. As we move into this High Holy Day season, may we all do so with beginner's mind, allowing us to have the humility to learn; may we make choices to act out of softness and not anger; and may we remember to have compassion on ourselves when we fall short.

MINDFUL TUESDAYS

COMING THIS FALL

From November, 2016 through May, 2017 we are excited to offer a different contemplative practice grounded in Jewish tradition every Tuesday, using a variety of modalities to enliven the spirit. Most groups will meet from 6:30 – 8:00 pm and all require no previous experience. To be put on an email list, or for more information, please contact Cantor Abrams at aabrams@bethelsynagogue.org.

- 1st Tuesdays** *Sacred Chanting: Singing the Texts*, Facilitator: Cantor Abrams
- 2nd Tuesdays** *Jewish Art for the Heart*, Facilitators: Cara Strauss, Cantor Abrams
- 3rd Tuesdays** *Meditation Circle*, Facilitators: Dr. Barbara Levin Krupp, Cantor Abrams
- 4th Tuesdays** *Middot Va'ad Practice*, Facilitator: Cantor Abrams (limited to 14 registrants)

Consider traveling on the next Eastern Europe Trip with Cantor Abrams. The dates are October 22 – November 2, 2017. Please contact Cantor Abrams for more information.



Renewed Commitment

By Linda Goldberg

Every two years, the leadership of our synagogue is renewed. This past August 4, Beth El held its Annual Meeting during which leadership, staff and congregants gathered to renew their commitment to our sacred community. We celebrated our accomplishments of the past year and looked ahead to the coming years. Finally, the Annual Meeting is a business meeting. We were happy to report a balanced budget for this past year, and we project strong results in the coming year. Below is a brief recap.

None of Beth El's achievements would be possible without the dedication of an outstanding staff. This year, we celebrated the commitment of staff members who have achieved milestone anniversaries.

Wendy Grosser 5 years, Aleph Preschool teacher

Laurie Herstig..... 5 years, Aleph Preschool teacher

Inna Sagalova 5 years, Aleph Preschool teacher

Barbara Weil..... 5 years, Aleph Preschool teacher

Linda Goldberg 20 years, Beth El Executive Director

Gail Katz Retiring after 37 years, Aleph Preschool teacher

New officers and board members were elected, and those installed recited a prayer, renewing their commitment to Beth El as they accepted "the awesome responsibility of leadership."

Outgoing President Bonnie Bongard Goldish thanked the congregation for the privilege of serving Beth El. On behalf of a grateful congregation, Rabbis Davis and Olitzky and Cantor Abrams presented Bonnie with a Beth El President's pin and a beautiful piece of art by Israeli artist Gad Almaliah titled "Women of the Bible" depicting Devorah, Miriam and Ruth who, like Bonnie, exemplify integrity, leadership and commitment.

Incoming President Dan Mosow outlined his vision for the future and expressed his appreciation for the opportunity to serve as Beth El's president. With the mantle of leadership now passed to a new board, we look forward to working together to guide our shul to a New Year and a new future.

Thank you to our generous donors who created new endowment funds and who gave significant donation to existing funds!

ENDOWMENT FUNDS ESTABLISHED*

Beth El Senior Programming & Support Fund

Penny Glassman Aleph Preschool Fund

Gary and Bonnie Bongard Goldish Kehilah Fund

Bonnie & Steve Heller Fund

William & Sharon Hope Family Fund

Gary & Barbara Krupp Fund

Noah Marell & Sophia Temkin Fund

Ring Family Endowment Fund

Penny & Steve Sanderson Family Fund

Women's League Congregational Lunch Fund

CONTRIBUTIONS TO EXISTING FUNDS OF \$1,000 OR MORE*

Rabbi Kassel Abelson

Fern Badzin

Fran & Marvin Burstein

Marge & Harvey Kaplan

Audrey & Al Kaufman

Delores Kelber

Frances & Joseph Moses

Robert Raucher

Gary Raucher

Isaac Rischall & Karen Hessel

Arnold Rubenstein²¹

Phyllis Sperling

Judy Witebsky

**We apologize for inadvertently omitting anyone who has created an endowment fund or made a significant contribution to an existing fund. Please contact us so that we may correct our records.*

KI MITZION: FROM MISSISSIPPI TO MINNESOTA, Our Torah Shall Go Forth

By Dan Mosow, Beth El President



I am very honored and excited to serve as president of Beth El. Since I did not grow up in the Twin Cities, many of you do not know much about my background. I was born in Mississippi, not known for a large Jewish population, and I am the fifth of six children. Growing up, we moved several times in the Midwest and Mid-Atlantic. We never lived in communities that had a large Jewish community, and there were a couple of towns where we were one of a handful of Jewish families. My parents made sure that we lived a Jewish life. We had Shabbat dinner every week, went to services on a regular basis (even if that meant traveling two hours to the closest synagogue), and most importantly, we learned the history and rich traditions of Judaism at our family dinner table. My passion for Judaism was sealed when we moved to the “big city” of Lincoln, Nebraska, and attended Camp Ramah. Until that summer, I had never had the opportunity to be in an exclusive Jewish environment where living a Jewish life was the norm and not the exception. At camp, I finally understood and gained an appreciation

for everything my parents provided for us growing up. From that point on, I became very involved in Jewish organizations.

My wife, Stacy and I have tried to provide a Jewish home for our two children. Both Benji and Zoe went to Aleph Preschool, Talmud Torah, participated in TaRBuT through high school and attended Herzl Camp. Like our parents, we celebrated Shabbat, the High Holy Days and many of the other Jewish holidays. Recently, I felt as if I were going through the motions of my Judaism. I was not being fulfilled spiritually. I spoke with others, and they also felt the same way. There was so much that I didn’t know about Judaism, but I did not want to attend the traditional classroom setting to learn. I was also concerned about embarrassing myself with my lack of knowledge. I know others feel similarly. That is why I am excited to focus initial efforts of my presidency on developing additional and alternative learning opportunities at Beth El.

I have had many discussions with lay leaders and the clergy over the past several months about programming we can offer those who want to learn in an environment that is comfortable and in a style that is accessible. Whether in your homes, at a coffee shop, or a place of your choosing, we envision learning that meets your needs and interests. We envision groups of empty nesters, young parents, millennials, etc., exploring subjects that speak to our everyday lives and those that make Jewish tradition meaningful.

As I learned in my youth, it is not easy being a Jew in America. We must make sure that Conservative Judaism remains relevant in our lives and the lives of our children and grandchildren. Learning, such as the informal discussions around the dining room table with which I grew up, can lay the foundation for a vibrant Beth El and a strong Minneapolis Jewish community.

I look forward to working with clergy to make this exciting initiative a reality and to serving as our congregation’s president.

Shana Tovah.

New Members

In the spirit of welcoming families to the congregation – so everyone can put names with faces – we are now offering new families the opportunity to place their photo in the Shofar. If you have joined Beth El in the past year, please email lgoldberg@bethelsynagogue.org with a family picture. It is our goal to feature as many photos of new families as possible.

PLEASE WELCOME

Dr. Herbert & Dori Weisman

Grace Richter

Etan & Amy Weiss with Ya'ara and Nava

Shellie Blumenfeld

Simon & Gretchen Glaser with Mabel and Dorothy

Robyn Elzufon-Frick

Omer & Tyler Abramovich



Robyn Elzufon-Frick



The Abramovich Family



The Weiss Family



A new bench next to the synagogue's front door is a wonderful place to rest, wait or watch the world go by. Designed by a local artist, Lisa Elias, it incorporates olive branches as a symbol of peace. We thank Bonnie and Steve Heller and family for this generous gift.

New Beginnings FOR A NEW SCHOOL YEAR

By Karen Burton



Rosh Hashanah, the Jewish New Year, is a time of reflection, repentance and renewal. In this period, we are given the opportunity to look back on our actions, both positive and negative, and move forward in ways that we can enhance ourselves for the year ahead.

We celebrate the birthday of God's creation of the world each year. This birthday of the world compares to a new beginning, and for us at Aleph Preschool, this means the start of a new school year. Children are introduced to their new classrooms with new teachers and new friends. New families are welcomed into our Aleph Preschool family and become a part of the glue that unites us with the Beth El community.

Each school year brings new goals, ideas and activities. Rosh Hashanah reminds us of our special relationship with God and how we know God is the one who created us and the one who sustains us. We teach our children that God is everywhere. Our teachers strive to create a warm, nurturing and safe environment for our children to grow, to learn and to thrive. Our staff spends a full week prior to the first day of class engaged in professional development that encompasses a variety of learning experiences. This enables them to express many new learned approaches in their own unique style, bringing their curriculum to life and sharing it in their classrooms. Our teachers are inspired to take on new learning opportunities and are motivated to share new goals they have set for themselves and for the upcoming year. They are driven to re-immense themselves into a profession they so dearly believe in and about which are so passionate.



This past spring, the Aleph Preschool playground became a classroom of the most wondrous kind. A mama duck decided to lay her eggs and wait for them to hatch underneath a climbing structure sheltered from the sun. Naturally, we cordoned off the area, so there was as little disturbance as possible. The children observed the mama duck daily, waiting patiently for her eggs to hatch. Finally, after waiting 28 days, a miracle appeared before their eyes. The eggs hatched and 11 baby ducklings were born. What a beautiful experience for our children to be part of, the miracle of life.

On Rosh Hashanah it is customary to dip the apple in the honey, symbolizing a sweet new year. Sweetness is the smiles our preschoolers bring with them each day to school, and joy is what we receive in return from such sweetness.

L'Shanah Tovah Teichatemu – "May you be inscribed and sealed [in the book of life] for a good year"



RENEWING MY SPIRITUAL CONNECTION

By Amanda Awend, Director of Shorashim and Young Families Engagement

I grew up in an observant Jewish home. I spent a great portion of my childhood in my synagogue, attending a Jewish day school, and going away to Jewish sleepaway camp which largely influenced my decision to go into Jewish education. I majored in Jewish Studies from the University of Wisconsin, and I have loved working with Jewish children ever since. However, as happens with many adults, I got busy, I got distracted and the rituals inside my home were more and more sporadic. My husband Berek and I knew we always wanted to have a Jewish home and family, but we needed something to get us going in the right direction. Once Berek and I began sending our son Ezra to the Aleph Preschool, we made a decision to order challah from the school. Each week our challah came home in Ezra's backpack, and for us, that is how it started. Ezra is now five years old, and I cannot imagine a Friday night without lighting the candles, blessing our children, and eating that sweet challah. I can trace our whole family Shabbat ritual back to making the simple decision to order a weekly challah.

At our Shabbat dinners, Ezra was excited to share with us what he learned that week about the Torah portion or about the upcoming holiday. His passion for Judaism was clear, and once he graduated from the Aleph Preschool, it helped us make the decision to continue his Jewish education at Heilicher Minneapolis Jewish Day School and also at Beth El in the Shorashim religious school program. We are excited to watch his passion and his enthusiasm for Judaism continue to grow and continue to inspire us.

Similar to my story, I have personally witnessed a shift in several other families' lives here at Beth El. We have a tremendous number of children attending the Aleph Preschool, Shorashim and more and more families are attending our amazing young family events. People are coming for children's programming, and it has been wonderful to see a great number of these parents and grandparents participating as well.

I have talked to several people who are coming to Shabbat morning services more regularly and truly love having this time with their family, with their friends and also having time for themselves. They take their children to Shorashim or the Shabbat childcare program, and these adults are staying. They are staying and they are enjoying the singing, the camaraderie, the adult learning and the moments of peace and silence. They are staying for the community. Shabbat is their reset button. These moments allow these parents to renew their faith, renew their spirituality and renew themselves.

There is no doubt in my mind that children have a huge influence on their families, and perhaps that is how many families came to belong to the Beth El community. But it is also amazing to watch so many adults taking time for themselves and renewing their own spiritual connection. I am pleased to be a part of a synagogue that makes it feel like home for children and adults alike.

"There is no doubt in my mind that children have a huge influence on their families, and perhaps that is how many families came to belong to the Beth El community."



B'nai Mitzvah Renewal

By Mary Baumgarten, Education Director

People look for a myriad of ways to achieve self-renewal. They meditate, do yoga, attend retreats, run marathons, take a vacation, etc. Without these things, our bodies and our mind grow tired and weak. The same is true of programs. Even good ones need renewal.

In an effort to infuse meaning and relevance into our Fiterman B'nai Mitzvah Program, we are constantly evaluating and revising our program. This past year, for example, we eliminated our large, grade-level Shabbat dinners at Beth El. In their place, Rabbi Davis and Cantor Abrams graciously hosted our incoming 5th grade families for Shabbat dinner in

the warmth of their homes. These 35 families had the chance to get to know our clergy, spend time with each other and enjoy a beautiful Shabbat together.

This coming year, a parent committee is helping us revise and renew elements of our mitzvah curriculum. New programs will expose families to different mitzvot which is, of course, at the heart of becoming a bar/bat mitzvah. And this is fitting. For mitzvot are not just "good deeds" or b'nai mitzvah requirements to complete. By helping others, we renew ourselves and our world.

TALMUD TORAH TRANSFORMATIONS



Rosh Hashanah is the first step in the annual process of renewal and transformation. For Talmud Torah, this new year also marks the beginning of major transformational changes. This school year will be the first in our new home within the Barry Family Campus. We have moved our classrooms and offices from the lower floor of the Education wing to the second and third floors, in order to collaboratively share space with Heilicher Minneapolis Jewish Day School. We have also transitioned to a new administrative team and structure. Debby Litman is our interim Head of School, and Rabbi Danny Etedgui and Kara Rosenwald have assumed school-wide programmatic responsibilities in addition to their teaching duties.

Before implementing these changes, Talmud Torah leadership asked itself many of the introspective questions that we, as individuals, ask ourselves during the High Holy Days: What is our purpose? What is our role in the community? How can we make next year and future years better? Our strategic planning process established the need for transformation, and we have embraced these changes with a renewed commitment to our mission of engaging our students in educational experiences that provide them with the lifelong tools for living intentionally Jewish lives.

For more information, or to get involved in Talmud Torah, contact Dan Weiss, Board President, at weiss042102@msn.com.



USY Made Me a Better Ozo

By Adam Friedman

As the new president of Beth El Rishon USY, I am so excited to get to work. This past summer I was an Ozo at Herzl Camp and had a great time—though there were a number of difficult moments. My involvement with USY prepared me to be the best I can be no matter what the situation. And it taught me to reframe all of my previous learning into a renewed sense of confidence and leadership.

One way that USY prepared me to be an Ozo was by learning to thrive in a leadership role, while not being overbearing. As a USY officer, it is important to not be overly controlling and to use different leadership techniques. I made sure to fold that into serving as an Ozo. Often times, many people tried to have their voices heard, and it devolved into clashes. I learned in USY that instead of clashing, it is important to combine the ideas to make one great idea—not necessarily consensus, but a greater collective outcome. For example, at camp, while planning programs, many people often have different ideas. I tried to think about how to combine their ideas and use all of the input to make one fantastic program. Another virtue USY inspired me with was to effectively lead by example, specifically by enthusiastically participating in programs. That exact same leadership was vital to being an Ozo and leading my campers.

USY also taught me to have a great appreciation for Jewish life. Without USY, I would not be able

to appreciate Judaism and tefillot in the way I do. Praying four times in a weekend at USY conventions and two to three times every day on USY Pilgrimage prepared me to share my passion with my campers. I was able to share it by praying and participating in Jewish programming with them, and making it both fun and inspiring. USY also introduced me to leading Jewish programming. It can be very challenging to lead Jewish programs at camp, and USY taught me to lead them confidently and effectively. USY led me to love Judaism, and this allowed me to share it with my campers in fun and creative ways.

As an Ozo, I worked mainly with middle schoolers, and USY began my engagement with middle schoolers. Last year in USY, I was Kadima Representative, working with our middle school kids. I planned programs for them; I put together a Kadima Council; I staffed a Midwest Kadima regional convention. All of these experiences helped me learn how to deal with a group that is going through a lot of changes. Middle school kids often are reluctant to participate in programs, and I (and really we) are now better prepared to engage them in programs because of my USY upbringing.

In summary, this summer was great, and I would not be prepared without my experiences in USY. I am honored to have the opportunity to serve as chapter president and cannot wait to have an amazing year together.

My involvement with USY prepared me to be the best I can be no matter what the situation.

B'nai Mitzvah



October 18, 2016 / 16 Tishrei 5777
(In Israel) - Sukkot II
November 26, 2016 / 25 Cheshvan 5777
(Minchah at Beth El) Toldot

TOBIN CHANDLER SPILLER

טוביה בן דן וחנה

Son of Jennifer & Dan Spiller

Tobin exudes joy and positivity. A caring soul, he has shown a true commitment to service and tzedakah, connection to Israel and a life filled with Jewish traditions.



October 29, 2016 / 27 Tishrei 5777
B'reishit

LUCY ISABEL RENDLEMAN

אסתר רייזעל בת בן-ציון וחווה מלכה

Daughter of Kathryn & Tyler Rendleman

Lucy is full of passion and loves to share this energy with everyone. We look forward to watching her grow as a Jewish adult.



November 5, 2016 / 4 Cheshvan 5777
Noach

HEIDI JOSEPHINE MINTZ

עדי יוספה בת שלום הלל וטליה רבקה

Daughter of Trish & Steve Mintz

Diligent and thoughtful, Heidi has approached bat mitzvah preparation with a maturity that bodes well for entrance into Jewish adulthood. We couldn't be more proud.



November 12, 2016 / 11 Cheshvan 5777
Lekh Lekha

LIBBY ANN HERMAN

שושנה חנה בת רענן ויהודית

Daughter of Judy & Ryan Herman

Libby is a fun loving girl. She loves being surrounded by friends and family. We look forward to watching her enter Jewish adulthood.



November 12, 2016 / 11 Cheshvan 5777
Lekh Lekha

ELLIE CERA SEGAL

אליענה מרים בת אשר ומלכה

Daughter of Michele & Spenser Segal

Ellie is a very conscientious, kind young lady. She cares deeply about her friends and family. We look forward to watching her continue to grow in her Jewish identity.



November 12, 2016 / 11 Cheshvan 5777
Lekh Lekha

ZACHARY JORDAN GALE

יעקב ראובן בן דוד ושולמית

Son of Francie & David Gale

Zachary is a caring, loving, inquisitive individual. He has enjoyed learning and preparing for his bar mitzvah, and we are excited to watch him enter Jewish adulthood.

B'nai Mitzvah



November 19, 2016 / 18 Cheshvan 5777
Vayera

TAVIA GRACE SNYDER

תרצה אביבה בת שניר זלמון ושרה

Daughter of Stephanie Snyder and Gregory Snyder

By following the Torah and mitzvot, Tavia has passionately ignited a spark within herself of her faith and a love of life-long learning.



November 19, 2016 / 18 Cheshvan 5777
(Minchah)

Chayei Sara

NICHOLAS BENJAMIN LANG

חיים בן שמחה אברם וישראלה

Son of Jennifer & Scott Lang

Our family is looking forward to Nick becoming Bar Mitzvah and watching him develop into a charismatic Jewish adult.



November 26, 2016 / 25 Cheshvan 5777
Chayei Sara

SETH JEROME KRISTAL

שי בן אדם ורבקה מיכל

Son of Becky & Adam Kristal

Learning about Jewish life and customs has come naturally to Seth. From TaRBuT to Talmud Torah (and camp, of course), Seth shows ruach every day.



December 3, 2016 / 3 Kislev 5777
Toldot

ROBERT NATHAN GENDLIN

משה נתן בן רחמיאל ומרים

Son of Michelle & Justin Gendlin (z"l) & Bill Heyman

Robby's love of Judaism has been shown through his interest and dedication in preparing for becoming Bar Mitzvah.



December 17, 2016 / 17 Kislev 5777
Vayishlach

LEO EMANUEL LIEBERMAN

אריה עמנואל בן דניאל ישראל ואליענה

Son of Suzanne Fenton & Daniel Lieberman

Leo's curious mind, sensitive soul, easy going nature, and engaging sense of humor make for an enthusiastic student and future Jewish leader.



December 24, 2016 / 24 Kislev 5777
(In Fort Myers, FL)

Vayeshev

AYELET MARI PROTTAS

אילת מרי בת יעקב מלך ודוידה רות

Daughter of Dana & Jeffrey Prottas

Ayelet strives to make the world a better place. She understands her unique role in the world and is dedicated to a life of learning and an ongoing commitment to the Jewish people.

Torah on Tap

By Carly Spencer

For the past five years, Beth El Synagogue has been an epicenter for Young Adults engagement in the Twin Cities. That engagement has evolved from social outings and happy hours, to Shabbatonim and Shabbat dinners. Most recently, however, in an attempt to innovate and reimagine our Young Adults group, we've strived to develop separate 20-something and 30-something based programming. One area where both of those populations converge is a desire to get together socially as well as a desire to learn.

To start 2016 off with a bang, the Beth El Young Adults brought back our Torah on Tap Series—a relevant discussion lead by Rabbi Olitzky, a few pitchers of beer and pop, and rooted in learning Jewish traditions. As a working 23-year-old, I have found Torah on Tap a great change of pace from my usual weekday evening unwinding. Instead of ending my Tuesdays with Netflix and my pillow, I now look forward to meeting up with the rabbi and a wonderful group of my peers in the Jewish community. Engaging in an out of the

ordinary, five week long discussion series about our Jewish traditions has proven to be a far better way to end the day than my standard Netflix binge.

Though the Summer Torah on Tap Series (focusing on Jewish food traditions) is long over, we look forward to the winter series. It's great to see the Park Tavern regulars walk into the place, pass by our study group, overhear Rabbi Olitzky quote esoteric strands of midrash, and just freeze in their tracks.

And even more compelling than that, is the renaissance of our Young Adults Shabbat Dinners. We've rebooted these as seasonal (quarterly) gatherings here at Beth El. Our summer dinner was quite a hit, and we look forward to our fall gathering.

If you or someone you know is a young adult and looking for community, please be sure to have them find Beth El Young Adults on Facebook, or put them in touch with me—and we will be sure to plug them in!

“Engaging in an out of the ordinary, five week long discussion series about our Jewish traditions has proven to be a far better way to end the day than my standard Netflix binge.”





Beginning Again

By Jan Hamilton, Congregational Nurse

Words often serve as symbols, since each of us give meaning to a word or phrase based on our own knowledge and experience. I was curious to see how the dictionary described “renewal.” What I found were many synonyms, more with the “re-” prefix...rebirth, regeneration, rejuvenation, revitalization, replenishment, reopening, recharging, etc. What popped into my own head was “again and again.” It reminds me of beginning again or choosing again.

Whatever life brings us on a given day, hour or minute, we have a choice about how to respond. Sometimes our choices are life-giving; sometimes they’re life-draining. If we are to attend to our wellbeing, we must be aware of the choices we make. Do they deplete us or renew us?

I’ve been especially impressed with the contribution of Dr. Henry Emmons, a local psychiatrist, who was instrumental in the development of the Resiliency Training Program at the Penny George Institute for Health and Healing in Minneapolis. Since we are all by nature resilient, we must be aware of what keeps us so. Dr. Emmons uses a water cooler metaphor to describe his notion of resilience. Imagine that we have a water cooler in our head which holds an elixir of resilience. As individuals, we have varying amounts of this elixir, depending on environmental factors, genetics, the quality of caregiving we received when young, etc. Life’s responsibilities and challenges will use up some of this elixir, but regardless of the amount that is there, we can always renew or restore. We do so while attending to the needs of body, mind and spirit.

On the level of body, good nutrition, regular and adequate amounts of sleep, and even a modest amount of exercise will all add to our store of resilience.

On the level of the mind, Dr. Emmons is a proponent of the practice of mindfulness. It is a practice we can learn to quiet the mind from all of the busyness with which it is constantly occupied.

On the level of spirit, we must nurture our souls. The demands of life require a discipline that keeps us mindful of our spiritual needs. Without an intentional or disciplined approach we’re too vulnerable to getting “off track.”

The avenues of approach to renewing, restoring, or adding to our resilient elixir are many and varied. My blessings to all of you this season as you “begin again.”

To contact Jan Hamilton, please email her at jhamilton@bethelsynagogue.org or call 952.873.7300 x7356.

MAZAL TOV TO MEMBERS WITH UPCOMING MILESTONE ANNIVERSARIES

NAME	DATE	YEARS
Carole & David Hoffman	October 8	55
Lois & Joel Held	October 11	35
Sarah & Jack Salita	October 14	15
Asya & David Olshansky	October 16	35
Karen & Andy Burton	October 18	25
Amy & Todd Geller	October 20	20
Arlene & Gary Grossman	October 21	60
Jo & Ely Cohen	October 25	35
Suzy & David Baum	October 27	25
Raleigh & Jonathan Segal	October 28	15
Harriet & Ted Benowitz	October 28	65
Lorita & Jay Jacobson	October 30	45
Cheryl Hallberg & Bob Barnhart	November 2	25
Susan Greenberg & Tony Cohen	November 3	20
Ilena & Kip Marron	November 4	10
Barbara & Lee Bearmon	November 5	55
Sarah & Ross Shaich	November 6	5
Judy & Keith Rosenblum	November 10	20
Usha & Mark Abramovitz	November 17	25
Corrine & Thomas Feinberg	November 18	60
Anne & Michael Goldstein	November 23	25
Francee & Mark Conner	November 24	25
Kathryn & Tyler Rendleman	November 30	20
Cindy & Stuart Tapper	November 30	25
Katie & Allan Share	November 30	30
Doris & Charles Moldow	December 4	50
Cindy & Perry Witkin	December 6	35
Wendy Lovell-Smith & Colin Smith	December 8	20
Caron Rubin & Marc Meirovitz	December 8	25
Anna & Zhan Berkovitch	December 16	60
Gail & Steven Katz	December 18	50
Arlene & Alvin Dietz	December 23	55
Helen & Joseph Abrahamson	December 25	70
Heidi & Howard Gilbert	December 28	50
Barbara & Lee Resnick	December 31	55

If you would like to ensure your (or your loved one's) simchah is acknowledged in future publications, please contact the Beth El Office at 952.873.7300 or info@bethelsynagogue.org.

Mazal Tov to...

Sarah & Robert Goldfarb on the birth of their daughter, Ariel Goldfarb, born on March 16, 2016.

Elizabeth Edlavitch Levin & William Levin on the birth of their son, Andrew Levin, born on May 5, 2016.

Emilie & Ross Bloom on the birth of their son, Miles Bloom, born on May 5, 2016.

Molly Brackett & Shane Boroditsky on the birth of their son, Henry Boroditsky, born on May 25, 2016.

Katie Amundson & Dan Gelfand on the birth of their daughter, Violet Gelfand, born on June 1, 2016.

Liat Lachter Gafni & Yochai Gafni on the birth of their daughter, Maua Gafni, born on June 1, 2016.

Padideh & Arash Allaei on the birth of their daughter, Ayla Allaei, born on June 5, 2016.

Lauren & Leo Zabezhinsky on the birth of their son, Eli Zabezhinsky, born on July 9, 2016.

Condolences to...

Nessa Lee Laiderman on the loss of her sister in law, **Phyllis Laiderman**

Bard (Julie Silverman) Borkon on the loss of his father, Irving Borkon

Beth (Dan) Rodich on the loss of her grandmother, Esther Getzug

Debe (Adam) Fefferman on the loss of her grandfather, Nathan Friedson

Larry (Darlene) Braufman on the loss of his sister, Betty Greenstein

Tom (Margie) Neiman on the loss of his mother, Dolores Neiman

Friends and family on the loss of our member, **Shirley Jaffe**

Shirley Ansel on the loss of her sister, **Helen Levine**

Jim (Linda) Stein on the loss of his mother, Jacqueline Stein

Cyrile (Stephen) Kieffer on the loss of her sister, Charlotte Aizman

Stanly Phillips on the loss of his wife, **Harriet Phillips**

Lee Goldstein, Annette (Jeffery Knotz), Rachel Goldstein and Shelley (Albert) Leon on the loss of their wife and mother, **Jane Goldstein**

Irving Golden on the loss of his wife, **Helen Golden**

Mitchell (Debra Verys) Bergner on the loss of his mother, Ruthe Bergner

Toni Dachis on the loss of her mother, Joanne Glotter

Eva Broude and **Marlene Brandys** on the loss of their husband and brother, **Milton Broude**

With heavy hearts we mourn the loss of these loved ones within our community. This reflects the losses in our community through April 30, 2016.

Kol Sasson v'Kol Simcha!

The joy of bride and groom spread far and wide this past year as we celebrated many weddings. Some weddings were big, others smaller and more intimate. Some took place at Beth El, others at hotels and still others outside. But all were full of affection and jubilation. All were rich in Jewish tradition. There was chuppah and ketubah, dancing and delight, singing and schtick (entertaining the couple with costumes and gags).

In a challenging year, these weddings brought us something else – hope. At a time of increasing darkness, they were full of light. At a time of increasing fear, they were freilich. At a time of increasing hatred, they were full of love. They united not just bride and groom but friends, family and community.

We look forward in the coming years to watching these couples build Jewish homes, raise Jewish families and deepen their love for each other. And so we pray, siman tov...lanu ulkol yisrael that these weddings are a sign of blessing for us, our people and our world.

MAZAL TOV!

- September 6, 2015..... Marisa Kowalsky & Daniel Myers
- September 27, 2015..... Amanda Hillman & Joshua Krueger
- December 6, 2015 Dana Thorne & Benjamin Becker
- December 6, 2015 Jordana Green & Marc Grossfield
- December 20, 2015 Maria Pisarenko & Daniel Rose
- February 15, 2016 Leah & Simon Tempkin
- July 3, 2016 Emma Paskin & Adam Strauss
- July 3, 2016 Sara Waller & Jonathan Confeld
- July 3, 2016 Abby Chiat & Daniel Solow
- July 7, 2016 Jill Perschau & Zachary Sussman
- July 10, 2016 Gita Karasov & Daniel Buonaiuto
- July 17, 2016 Elizabeth Traison & Ari Witkin
- August 28, 2016 Leenor Amar & Barak Brodni



Sara Waller & Jonathan Confeld



Gita Karasov & Daniel Buonaiuto

Courtesy of M Photography

**This list reflects weddings performed from September 2015 through September 2016. We apologize for inadvertently omitting anyone from this list. If so, please contact us so we can update our records.*

Beth El Synagogue Foundation

Ensuring the vitality of our congregation now and in the future

Growing and Applying Values While Young

By Matt Walzer, Director of Charitable Giving



Noah Marell and Sophia Temkin are two of our young members that have a story you'll want to read. These two young adults are preparing for their futures together as they plan for a wedding in the summer of 2018. As they plan, they have spent time reflecting on their experiences with Beth El. While their experiences have significant differences, their vision for the future that has resulted is beautifully unified.

Sophia fondly reminisces about her parents immigrating to Minnesota from the Former Soviet Union looking for a home to recapture their Jewish identity. Beth El warmly welcomed and embraced them, and they found themselves having adult b'nai mitzvah only a couple years before Sophia became Bat Mitzvah. Following her bat mitzvah, Sophia went on to teach in the TaRBuT program and became deeply involved in USY as Beth El's chapter president (co-president with Caleb Hausman). It was when she started receiving care packages at Wellesley College in Massachusetts from Beth El that she realized what Rabbi Olitzky had once told her was true – Beth El was her circle, was going to be there to support her, and be there to “pull her back in” when the time was right for her.

Noah, a fourth generation Beth El member, who also became Bar Mitzvah at the shul, taught in the TaRBuT program and at the Aleph Preschool summer camp, has become much more involved as an adult than he was as a teenager. Whether it be his current stage of

life, or the leadership development program he went through, Noah comments on the influence of Beth El – “I am here of my own volition, but not of my own doing.”

Together, understanding what has brought Noah and Sophia to where they are today with their Jewish involvement and Beth El, they are looking towards the future wanting the same thing. “Beth El believes in engaging you from cradle to grave – many organizations say it, but not many do it – they [Beth El] don't pay lip service.”

Because of their outlook, this young couple decided to make a long-term investment in Beth El by creating the *Noah Marell & Sophia Temkin Endowment Fund*. One may wonder what caused two young adults in the midst of planning their wedding to make such a selfless, philanthropic decision. They respond to this curiosity with what they feel is logical reasoning. Noah, a Financial Advisor notes, “if something is important to you, you budget for it.” He reflected that, as young adults, they have less obligations now, and that “making pancakes at home a few times a year instead of eating out for Sunday brunch” is a small sacrifice to make a big impact.

Noah and Sophia envision a thriving Beth El for their children and grandchildren, and hope that others understand the difference they can make by considering a long-term investment like they did. “The only way to lessen the financial burden in the future is to create a stream of ongoing revenue that can offset growing needs and expenses. Being young doesn't absolve you of your responsibility, and we don't want our kids asking why they don't have the same experiences we had.”

A New Direction in Charitable Giving at Beth El

Matt Walzer grew up at Beth El and recently returned to Minnesota with his wife, Kim, and daughters Madeline (3) and Charlotte (1) joining Beth El as members, and Matt as Beth El's new Director of Charitable Giving. To discuss how you can make a meaningful and lasting impact on Beth El, you can contact Matt at 952.873.7309 or mwalzer@bethelsynagogue.org.

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Tribute donations to Beth El funds honor friends and family, commemoration of significant events, memorialize loved ones and provide essential support to the congregation. Endowment funds provide permanent funding where needed most or for a specific purpose. Endowment funds are held in the Beth El Foundation. Funds for immediate use are used to support specific programs or projects, are for general use and are spent in their entirety. To make a donation, or to establish a new fund through our Foundation, please contact Gary Krupp or Steve Sanderson at 952.873.7309 or at foundation@bethelsynagogue.org.

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MITZVAH DUES

As we begin another year of the Beth El Mitzvah Dues program, we thank the families listed below for their unwavering commitment to the synagogue. Their leadership and generosity is greatly appreciated.

Pillars – Amudim (\$10,000 & above)

Anonymous (3)
 Melanie Barry & Chuck Barry
 Dan & Mindy Ribnick and Family
 Michael & Nancy Schoenberger

Builders – Bonim (\$5,000 & above)

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thank you

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Steve Klane

John Orenstein

Steve Rosen

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Mort Silverman

Michael Walstien (as officer)

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Harvey Leviton

Marc Meirovitz

Dan Mosow

John Orenstein (Chair)

Kol Hakavod

Beth El recognizes the efforts of volunteers with the Kol Hakavod Awards. First presented in 1998, this award is given to selected members of our congregation who have demonstrated unwavering commitment to Beth El Synagogue through their involvement in one or more areas of synagogue life. This year's recipients were congregants who gave generously of their time, talent and energy to benefit Beth El. They include:

- Barb Gottlieb & Rosa Stein, for their commitment to the daily minyan, Sunday chevrah breakfast, Aleph Preschool and more.
- Mort Silverman, for his many years of service on the board of directors and finance committee.
- Linda Tell, for successfully running Women's League's hamentashen baking and sales.
- Julie Weisberg, for chairing our efforts to "Keep in Touch" with our college students through the *L'hiyot B'Keshet* committee.



Barb Gottlieb



Rosa Stein



Mort Silverman



Linda Tell



Julie Weisberg

Women's League

On April 12, over 100 women attended our Women's League 2.0 kick-off event, Decluttering Mind and Home: Finding Balance. While we savored wine and chocolates, Life Coach Lisa Bobyak shared her thoughts empowering us with concrete steps to make our lives less stressful.

Later that month we hosted a fun packed and delicious Passover luncheon for all ages, from infants to seniors. The very talented Amanda Awend led us in songs and Women's League member, Arlene Kase, regaled the children with stories.

For our fall program, Leslee Gold of Minnesota Medicare Consultants, educated us on important changes coming to Medicare and different private insurance options. This was informative not only for those currently at or approaching Medicare age, but for those helping parents navigate this complicated system. With elections just a few months away, we also heard from Erin Perrish of AARP on the positions the Democrats and Republicans hold regarding Social Security.

In our ongoing commitment to impact women of all ages, our winter event will feature Julie Burton, author of *The Self-Care Solution: a Modern Mother's Must-*

Have Guide to Health and Well-Being. Julie will offer insight to poignant questions about ways mothers can take care of themselves, their relationships and their jobs while raising their children-and how they don't. Stay tuned for more information on this, as well as other upcoming programs in the Keshet and the Hakol.

We want our Women's League to be of value to you and we are committed to providing you with meaningful and quality experiences. If you have any suggestions or wish to help, please contact Deb Deutsch at deb.deutsch11@gmail.com.



A Snapshot of Beth El



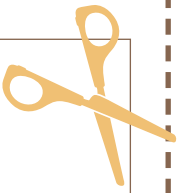
Our annual end of the summer picnic was a blast for those who braved the heat. Yet another wonderful multi-generational event!



Classroom 8 PreK graduating class, teachers Gail Katz and Niza Schear



Individual featured in Miles McColgan, grandson of Gail Katz who has been a teacher with Aleph Preschool for 38 years (and counting)



UPCOMING AT BETH EL

Below is a sampling of only some of the upcoming events at the synagogue. Please mark your calendar and plan to attend. Look for more details in future *Hakol* and *Kesher* publications, and as always, feel free to call the Welcome Desk at 952.873.7300 for additional information.

OCTOBER	
2	Beth El Serves Brunch at Ronald McDonald House
2	National Guard Packing
11/12	Yom Kippur Food Drive
13	"Empty the Food Truck Day" at S.T.E.P.
30	Blood Drive 8:00 am – 12:30 pm
NOVEMBER	
6	Beth El Serves Brunch at Ronald McDonald House
6	National Guard Packing
22	Beth El Serves Dinner at Loaves and Fishes
24	Thanksgiving
DECEMBER	
1	Heroes Among Us – Mike Williams – 7:00 pm
4	Beth El Serves Brunch at Ronald McDonald House
4	National Guard Packing
25	Beth El Serves Dinner at Loaves and Fishes
Mindful Tuesdays – See page 4 and watch for further information in future Keshers and Hakols.	

WINTER LOOKING AHEAD...MUSIC, MUSIC, MUSIC

JANUARY	
22	"MinneApple to the Big Apple" Gala Concert benefitting Minneapolis/St. Paul Chapter of HaZamir, the International Jewish High School Choir
FEBRUARY	
4	9th Annual BEMA Coffeehouse presenting Israeli Singer, Bat Ella
23	2nd Annual Casa de Espana Sefardi Music Concert

ONGOING SERVICES

EREV SHABBAT

(Friday evening)

Kabbalat Shabbat ...5:45 pm

YOM SHABBAT

(Saturday)

Shacharit9:00 am

Minchah5:45 pm*

SUNDAY

Shacharit9:00 am

(Chevrah Breakfast)

Minchah5:45 pm

*4:30 pm beginning November 12

DAILY MINYAN

Shacharit7:00 am

Minchah.....5:45 pm



Beth El
SYNAGOGUE

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PLEASE JOIN US FOR OUR
HEROES AMONG US SPEAKER SERIES

*An Evening with
Mike Williams*

Thursday, December 1, 2016
7:00 p.m.

Further enhancing the efforts of our Military Support Initiative, the goal of this series is to highlight military families as heroes just the same, and further support the growing efforts to buttress our local military and our great nation.

For more information, please contact Raquel Waste at
952-873-7313 or rwaste@bethelsynagogue.org

